



Peacock Press

OCTOBER 2002

Naval Postgraduate School

From the Quality of Life Director...

You will certainly want to mark your calendar for our **upcoming end of the year attractions!** **The Navy Ball** will be held Friday, 11 October. This year's theme is "Triumph and Tradition." Purchase tickets for the ball at ITT located on the Quarterdeck. Deadline for ticket sales is 4 October. On Thursday, 28 November we will feature our **Thanksgiving Day Brunch**. An awesome menu of delectable Thanksgiving Day fare as well as many breakfast items will be featured. Adults \$19.50, Children 6-10 half price, and children under 6 \$5.00. Furthermore, we will have a great **New Year's Eve Celebration** in the grandeur of the most impressive facility on the Peninsula - the Barbara McNitt Ballroom. For entertainment we are bringing back the "Hydro-Matics" group by popular demand. We will feature an elegant buffet, party favors, and champagne, for \$40.00 per person. You can make reservations now for Thanksgiving and New Year's Eve by calling 656-2170.

Join us for **NFL SUNDAY TICKET** at the Monterey Pines Golf Course Snack Bar. 17 action-packed weeks of the NFL regular season, delivering up to 14 games every Sunday. **NFL SUNDAY TICKET** is the only programming service available that allows NFL fans to follow their favorite teams or catch the most exciting match-ups all season long. Every minute of every Sunday afternoon game (except when local blackout restrictions apply). Every play, every tackle, every touchdown. That's what's on **NFL SUNDAY TICKET** at your NPS MWR facilities.

On Friday, 25 October we will host a **Clam Bake Buffet** in the El Prado Dining Room from 1700-2100 featuring Fresh Fried Fish, Steamed Clams, Clam Chowder, Smoked Roast Beef, Pork Shoulder, Fresh Vegetables, Assorted Salads, and Chef's Choice Dessert for the very low price of \$12.00, children 6-10 \$6.00, and children under 6 \$4.00. Due to the anticipated popularity of this event, reservations are highly recommended at 656-2170.

For all new incoming students, the **Information, Tickets and Tours Office (ITT)** located on the Quarterdeck should be one of your first stops at NPS for both on - and off-base opportunities. A stop at ITT will save a family \$2-\$10 on each amusement park or entertainment ticket purchased. The savings really add up! Special this month: **Salinas Air Show** tickets. The air show will be held 4-6 October and will feature the Navy's Blue Angels among other exciting acts and displays. Adults are \$13.00, children 6-12 are \$9.50 for children under 6 are free. Additionally, the new Entertainment Books for 2003 (\$20.00 each) are ready for immediate use, a savings of up to 50% off on meals, lodging and entertainment. Enjoy!

Jim Thomas

www.mwr.nps.navy.mil



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NAVAL POSTGRADUATE SCHOOL

RADM David R. Ellison
Superintendent

CAPT Frank C. Petho
Chief of Staff

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Command Master Chief

James R. Thomas
Quality of Life Director

Darlene Raish
Leisure Services Manager

Clay Murray
Golf Course/RV Campground
Manager

Julianne Schmidt
Child Development Program
Administrator

Hugh Butler
Executive Chef

Renee Leiva
Catering Sales Manager

Cecilia S. Legario
Newsletter Editor

The Peacock Press is a monthly publication of the MWR Department, Naval Postgraduate School. Information may be subject to change without notice.

All phone numbers are in area code (831)

MWR Job Opportunities

All jobs are open until filled. Applications can be obtained in NPS HRO Office, located upstairs from MWR Admin.

1) **Recreation Aid, Leisure Services Division.** Needed on a continuous basis at locations such as the Monterey Bay Athletic Club; Information Tickets & Tours; and the Youth Center. Please call the Leisure Services Manager for details at 656-7953.

2) **Bartender, Food & Beverage Division.** Please call the Catering Manager for details at 656-1049.

3) **Wait Person, Food & Beverage Division.** Please call the Catering Manager for details at 656-1049.

4) **Child Development Program Assistant, Children and Youth Development Division.** These are flexible positions at the Child Development Center to substitute when staff are ill or on leave. Please call the CDC Manager for details at 656-2734.

5) **Cook at the Golf Course Snack Bar.** Please call the Golf Course manager for details at 656-7659.

6) **Food Service Worker at the Golf Course Snack Bar.** Please call the Golf Course manager for details at 656-7659.

7) **Child Development Home Provider, Children and Youth Development Division.** If you live in La Mesa Village and may be interested in operating your own from-home Navy certified child care program, please call our Curriculum Specialist at 656-2734 for more information. This is the only legal way to care for children in your home while living in government housing. We provide furnishings, toys, training, and oversight for your very own program.

8) Two (2) **Snack Bar Attendants, Children and Youth Development Division.** Flexible position to work in the snack bar at the Tech Connection. Please call the Youth Center Manager for details at 656-2127.

9) **Administrative Services Clerk, Catering and Administrative Divisions.** Looking to fill this full-time administrative position by beg-mid November. Will be working directly for Catering Sales Manager and will do some additional admin work for Quality of Life Director. Very personable applicants with extensive customer service skills and admin experience needed. Please call the MWR Admin Asst for more details at 656-2432.

Please click on the HRO link on <http://www.nps.navy.mil/Code22/>. Or <http://www.mwr.nps.navy.mil/jobs/content-jobs.htm>

MWR October Calendar of Events

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>For Party Reservations at</i></p> <p>CLUB DEL MONTE</p> <p><i>Please call 656-2170.</i></p>	<p>FREE MOVIES ARE SHOWN IN THE BARBARA MCNITT BALLROOM</p>	<p>1</p> <p>LITTLE NICKY (PG 13) 1900</p> <p><i>Every Tuesday</i> El Prado Room Dinner Special "Moist & Tender" PRIME RIB \$13.00</p>	<p>2</p> <p>COUNT OF MONTE CRISTO (PG 13) 1900</p> <p><i>Every Wednesday</i> El Prado Room Dinner Special SEAFOOD PLATTER COMBINATION Adults: \$7.75 Kids 5-10 \$3.75</p>	<p>3</p> <p>QUEST FOR CAMELOT (PG 13) 1830</p> <p>FAMILY NIGHT <i>every Thursday</i> Dinner Special PIZZA & SALAD Adult: 5.50 Kids 5-10 \$3.00</p>	<p>4</p> <p><i>Every Friday</i> El Prado Room Dinner Special</p> <p>BUTCHER'S BLOCK COMBO \$7.50 "Smoked Beef Brisket, Smoked Loin of Pork & Grilled Chicken Sausage"</p>	<p>5</p> <p><i>Every Saturday</i> Trident Room</p> <p>DINNER SERVICE 1600-2100</p> <p>BEVERAGE SERVICE 1600~2300</p>
<p>6</p> <p>MONTEREY PINES GOLF COURSE OPEN DAILY & MOST FEDERAL HOLIDAYS.</p> <p>0630~1900</p>	<p>7</p> <p>(NO MOVIE)</p> <p><i>Every Monday</i> 1600-2100 El Prado Room Dinner Special SEAFOOD CIOPPINO Adults \$7.50 Kids 5-10 \$4.00 Under 5 \$2.00</p>	<p>8</p> <p>(NO MOVIE)</p> <p><i>Dinner Special</i> "Moist & Tender" PRIME RIB \$13.00</p>	<p>9</p> <p>A WALK TO REMEMBER (PG) 1900</p> <p><i>Dinner Special</i> SEAFOOD PLATTER COMBINATION Adults: \$7.75 Kids 5-10 \$3.75</p>	<p>10</p> <p>TOY STORY 2 (G) 1830</p> <p><i>Dinner Special</i> PIZZA & SALAD Adult: 5.50 Kids 5-10 \$3.00</p>	<p>11</p> <p>227TH U.S. NAVY BIRTHDAY BALL 1830-0100 BARBARA MCNITT BALLROOM</p>	<p>12</p> <p><i>Every Saturday</i> BLUEWATER COVE MARINA "HANALET" CRUISE 1300-1500</p> <p><i>For reservations: Call 242-5747</i></p>
<p>13</p> <p>BLUEWATER COVE MARINA OPEN DAILY NOON TO SUNSET.</p> <p>"HANALET" CRUISE Wed: 1730~1930 Sat: 1300~1500</p>	<p>14</p> <p>CLOSED Columbus Day</p>	<p>15</p> <p>EVOLUTION (PG 13) 1900</p> <p><i>Dinner Special</i> "Moist & Tender" PRIME RIB \$13.00</p>	<p>16</p> <p>THE GREEN MILE (R) 1900</p> <p><i>Dinner Special</i> SEAFOOD PLATTER COMBINATION Adults: \$7.75 Kids 5-10 \$3.75</p>	<p>17</p> <p>TARZAN (G) (1830)</p> <p><i>Dinner Special</i> PIZZA & SALAD Adult: 5.50 Kids 5-10 \$3.00</p>	<p>18</p> <p><i>Every Friday</i> Trident Room</p> <p>OPEN 1500~2300</p> <p>SOCIAL HOUR 1600-1800</p>	<p>19</p> <p>MONTEREY BAY ATHLETIC CLUB OPEN DAILY AND MOST FEDERAL HOLIDAYS.</p>
<p>20</p> <p>MONTEREY NAVY FLYING CLUB</p> <p>OPEN MONDAY TO FRIDAY 0900~1700</p>	<p>21</p> <p>WINDTALKERS (R) 1900</p> <p><i>Dinner Special</i> SEAFOOD CIOPPINO Adults \$7.50 Kids 5-10 \$4.00 Under 5 \$2.00</p>	<p>22</p> <p>STAR WARS: EPISODE 1 (R) 1900</p> <p><i>Dinner Special</i> "Moist & Tender" PRIME RIB \$13.00</p>	<p>23</p> <p>STAR WARS: ATTACK OF THE CLONES (PG) 1900</p> <p><i>Every Wednesday</i> Trident Room SOCIAL HOUR 1600~1700</p>	<p>24</p> <p>POKEMON 3 (G) 1830</p> <p><i>Dinner Special</i> PIZZA & SALAD Adult: 5.50 Kids 5-10 \$3.00</p>	<p>25</p> <p>El Prado Room Dinner Special 1700-2100</p> <p>CLAM BAKE BUFFET NIGHT</p> <p>Adult: \$12.00 Kids 6-10 \$6.00 Kids under 6 \$4.00</p>	<p>26</p> <p>TEEN MYSTERY NIGHT AT TECH CONNECTION</p> <p>(COSTUME PARTY)</p>
<p>27</p> <p>ITT OPEN MON-FRI 0930-1330 1430-1630 CLOSED WEEKENDS AND FEDERAL HOLIDAYS</p>	<p>28</p> <p>THE MUMMY (PG 13) 1900</p> <p><i>Dinner Special</i> SEAFOOD CIOPPINO Adults \$7.50 Kids 5-10 \$4.00 Under 5 \$2.00</p>	<p>29</p> <p>THE MUMMY RETURNS (PG 13) 1900</p> <p><i>Dinner Special</i> "Moist & Tender" PRIME RIB \$13.00</p>	<p>30</p> <p>SCORPION KING (PG 13) 1900</p> <p><i>Dinner Special</i> SEAFOOD PLATTER COMBINATION Adults: \$7.75 Kids 5-10 \$3.75</p>	<p>31</p> <p>102 DALMATIANS (G) 1830</p> <p>HALLOWEEN PARTY Trident Room 1800 Games & Prizes</p>	<p>THE FLEET & FAMILY SUPPORT CENTER OPEN MON - FRI 0800-1630 CLOSED ON FEDERAL HOLIDAYS</p>	<p>"Navy Regulations prohibit patrons from bringing food or beverages into an MWR facility from outside sources. Thank you for your cooperation."</p>



**NPS cordially
invites you to the**



227TH U.S. NAVY BIRTHDAY BALL

When: Friday, 11 October 2002
1830 ~ 1915 ~ Cocktails
1915 ~ Bag Piper leads guests for seating in the ballroom
1930 ~ Dinner and Event Opening
2100 ~ 0100 ~ Ceremony, and Dancing with
LIVE MUSIC provided by **"THE ULTRAVIOLETS"**
5 talented members performing all styles and eras from
standards to motown, country, rock-n-roll and top 40 tunes.

Where: Barbara McNitt Ballroom, Naval Postgraduate School
Monterey, California

Attire: Civilian ~ Formal (Black Tie)
Military ~ Dinner Dress Blue Jacket or Service equivalent
Covers and gloves not necessary

Ticket Prices: E1 to E6, GS1 TO GS5, NA & NL \$19.00 each
E7 to 04, GS 6 TO GS 12 \$39.00 each
05 and up, GS 13 & up + Faculty \$54.00 each
General Public \$67.00 each
*****LIMIT 3 GUESTS PER PATRON/COUPLE*****

Ticket price includes hors d'oeuvres consisting of assorted grilled
vegetables, marinated olives, fine gourmet cheese and salami;
an exquisite gourmet dinner; your choice of roasted filet mignon,
swordfish or angel hair pasta, champagne/cider toast,
champagne glass Mementos, dancing and entertainment.

Ticket Sales: Available Monday through Friday, 0930~1330 &
1430~1630 at the MWR-Information Tickets & Tours
(ITT) office (Quarterdeck of Herrmann Hall)
Deadline: 4 October 2002
All tickets sales are final.

A professional photographer will be available to provide
Photography services from 6:15 ~ 9:30 p.m.
Packages range from \$15.00 to \$35.00

Information: Call (831) 656-3223/3224.

Come enjoy our Tuesday Dinner Special
in the El Prado Room 4:00~9:00 p.m.



ROAST PRIME RIB
"moist and tender"
with Aux Jus accompanied with
Horse Radish, Baked Potato, Sour Cream
and Chef choice dessert.
only \$13.00

From the kitchen of Chef Hugh Butler comes this
month's Wednesday Dinner Special served in the
El Prado Room 4:00 ~ 9:00 p.m.

SEAFOOD PLATTER COMBINATION

Fresh Fried Red Snapper, Shrimp
and Calamari served with Rice Pilaf
and carrot cake for dessert.
Adults: \$7.75
Kids 5-10 \$3.75

FAMILY NIGHT

Every Thursday 1600~2100
in the El Prado Room

PIZZA & SALAD



Adults \$5.50

OCTOBER FRIDAY DINNER SPECIAL

in the El Prado Room
4:00~9:00 p.m.

BUTCHER'S BLOCK COMBO

Smoked Beef Brisket,
Smoked loin of Pork, and
Grilled Chicken Sausage.
Served w/ Baked Potato
& Sour Cream, and
Sautéed Fresh Vegetables

Dessert
Vanilla Ice Cream
with strawberries

\$7.50

OCTOBER MONDAY DINNER SPECIAL

El Prado Room 1600-2100



**Fresh Seafood Cioppino
with Shrimp, Calamari,
Crab and Mussels.
Fresh Caesar Salad
and Garlic Bread**

Adults \$7.50 Kids 5-10 \$4.00
Under 5 \$2.00

Come to El Prado Room
on Friday, 25 October
1700-2100 for

CLAM BAKE NIGHT



Featuring: Fresh Steamed
New Zealand Clams in an
Herb Broth, Clam Chowder,
Fresh Fried Fish, Smoked
Roast Beef, Pork Shoulder,
Fresh Vegetables, Assorted
Salads, and Chef's
Choice Dessert

Adult: \$12.00
Children 6-10 \$6.00
Children under 6 \$4.00



**Located on
HERRMANN HALL
QUARTERDECK**

**Open
Monday-Friday
9:30 a.m. ~ 1:30 p.m.
2:30 ~ 4:30 p.m.**

**Closed Weekends
and
Federal Holidays**

RENAISSANCE PLEASURE FAIRE®



**at the Casa de Fruta
near Gilroy**

Over 1,000 colorfully costumed characters, 150 craft booths, five stages of continuous entertainment until 20 October plus an action-packed jousting arena, and wonderful food and wine tasting. Tickets are \$13.00 for adults and \$7.00 for children 5-11 years.

NPS LICENSE PLATE FRAMES: Graduating? New student? Get your Naval Postgraduate School license plate frame before you drive to your next duty assignment. Show a little pride and arrive in style! **FRAMES ARE: \$9.00**

ENTERTAINMENT BOOKS




The new 2003 books are in! Get yours early and start saving immediately. Cost is \$20.00

PARKING: We know its hard finding that parking space! However, there are some handy 24 minute spaces on the south side of Herrmann Hall off Stone Road which offer easy access to the Quarterdeck through the side door. There are also two on the west side of the building off Cunningham Road.




OCTOBER	UPCOMING ITT TOURS	PRICE
5	Local Wine Tour	\$39.00
12-14	Knots Berry Farm/Sea World/Universal Studio	\$199.00 dbl occ.
19	San Jose Sharks vs Colorado Avalanche Hockey	\$45.00
20	Oakland Raiders vs San Diego Chargers Football	\$70.00
26	San Francisco Get Acquainted	\$23.00
NOVEMBER		
3	Oakland Raiders vs San Francisco 49ers	\$70.00
8-10	Reno Veterans Day Gambler	\$125 dbl occ
16	Winchester Mystery House	\$35.00
17	Oakland Raiders vs New England Patriots	\$70.00
29	Shopping in San Francisco	\$23.00
30	San Jose Sharks vs Phoenix Hockey	\$45.00



Airshow


SALINAS

4~6 OCTOBER




See the Navy's Blue Angels in action on Saturday and Sunday. And the amazing pyrotechnic acts on Friday evening.

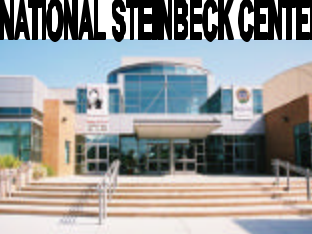
Purchase tickets from ITT for \$13.00 adults and \$9.50 children (6-12 years).



Now open weekends through 20 October. Ticket prices are:

\$18.00 adults
\$16.00 children (3-6 yrs)





NATIONAL STEINBECK CENTER

Tickets are available to visit John Steinbeck's world as it comes alive. Discover interactive, multi-sensory exhibits for all ages. Showcased are: "Cannery Row," "The Red Pony," "The Grapes of Wrath," "Of Mice and Men" and more. The museum is located in historic Old-town Salinas. Tickets are adults \$6.85, seniors 63+ and students \$6.05, youth (13-17) \$5.25 and Children (6-12) \$3.65.

DISNEY ON ICE: This breathtaking live spectacular on ice is filled with beloved Disney Classics including Snow White and the Seven Dwarfs, The Little Mermaid and 101 Dalmatians. Tickets are \$17.25 for either the 11:30 or 3:30 performances on Saturday, November 2 at the HP Pavilion in San Jose.



Call 656-3223 for more information.



The Child Development Home program offers Navy certified care by military family members in their homes.

Interested in pursuing a rewarding career and work at home? How about becoming a Child Development Home Care provider? You'll receive extensive training, become First Aid/ CPR qualified and be part of our dedicated team of professionals that provide child care in their homes. Give us a call! We'll be happy to give you more information, and assist you through our CDH certification process!

The Benefits: You can stay home with your own children, offer quality child care for others (legally) in your La Mesa residence, share in the financial support of your family, and have fun!

Child Development Center

"CDC is the place to be!"



If your child is between the ages of six weeks and five years and you are looking for a high quality, nurturing early childhood experience ~ the Child Development Center (located in La Mesa Village) is the place for you! We offer full-time child care. We maintain a wait list for full-time care.

Life Skills Readiness Program ~ The Life Skills Readiness Program is a part-day program for children 3 to 5 years old. Prepare your child for school and give yourself some time to take care of some errands. Our Life Skills Readiness program offers a developmentally appropriate curriculum in a stimulating environment within our accredited child development program. Sessions are Monday/Wednesday/Friday 0900-1130, and Tuesday/Thursday 0900-1130. A five day program may be available upon request. The program started in August and runs through June.

Jellyfish Drop-In Care Room ~ Reserve a space for your child in our drop-in care room up to two full weeks in advance. The room is open 0900-1200 Monday-Friday for children ages 1 year (walking) through 6 years. The rate is \$3.50 per hour plus an additional \$.50 if your child is here for snack. Afford yourself the extra time you need for appointments, to run errands, or just a little adult time to yourself. We have lots of fun!

The Rewarding Ritual of Reading Aloud

Children learn by being read to. Research shows that early and good readers come from homes where reading is valued and experienced regularly. The desire to read starts with the early enjoyment of being held in a lap and cuddled as a story is read.

In addition to the feelings of warmth and security fostered by laptime reading, reading aloud to children expands their world and vocabulary. It creates an appreciation of the value of print, promotes knowledge of the mechanics of reading from the top to the bottom of the page and from left to right, and helps create an understanding of a sequence of events.

Setting aside time everyday to read to your child says, "I love you and I want to spend special time sharing a story with you." It further demonstrates your love for books and sets the stage for developing in your child an interest and desire to become a reader.

Let your child pick a story. Then cuddle up together to enjoy exploring the power and magic of the printed world.



**Accredited by NAEYC's
National Academy of Early
Childhood Programs**

All of our programs are open to active duty military, reservists in active duty status, military retirees, and DOD civilians. Please call 656-2734 for info.

YOUTH & TEEN OCTOBER 2002 SCHEDULE OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FOR MORE INFORMATION ABOUT OUR PROGRAMS AND SPECIAL EVENTS PLEASE CALL 656-2127		1 TEEN/YOUTH SPEED RABBIT	2 TEEN/YOUTH YOU'RE IT	3 TEEN/YOUTH PIT FALL	4 TEEN/YOUTH GROUP JUGGLING	5 TEEN ROCK GYM \$20.00 RSVP 10/01 TIME: TBA
6 SOCCER FOR U10, U12, & U15 IS NOW IN SEASON	7 TEEN/YOUTH STEPPING STONES	8 TEEN/YOUTH SCOOTER BALL	9 TEEN PAINTBALL \$45.00 RSVP 10/02 TIME: 1200-1700	10 TEEN/YOUTH GOLF (Yard Golf)	11 TEEN/YOUTH MOONBALL	12 TEEN KARAOKE
13 TEEN OPEN REC'S OCT HOURS: 1430-2000 AFTER OCT FINAL HOURS WILL BE POSTED.	14 CLOSED 	15 TEEN/YOUTH MONSTER BALL	16 TEEN KAYAKING & SNORKEL TRIP \$25.00 RSVP 10/09 TIME: TBA	17 TEEN/YOUTH SHERPA WALK	18 TEEN LOCK-IN \$5.00 RSVP 10/15 TIME: 1300 FRI 1000 SAT	19 TEEN LOCK-IN (Cont)
20 BALLET/ JAZZ DANCE LESSONS Ages 3-10 yrs \$32.00/month per child held at the Youth Center	21 TEEN/YOUTH SCOOTER SLALOM	22 TEEN/YOUTH BLINDFOLD SOCCER	23 TEEN/YOUTH PIN BALL	24 TEEN A-FRAME	25 TEEN/YOUTH PARENTS NIGHT OUT \$5.00 RSVP 10/22 TIME: 7-11 PM	26 TEEN MYSTERY NIGHT AT TECH CONNECTION (COSTUME PARTY)
27 SAC PROGRAM HOURS: BEFORE: 0730-0800 AFTER 1415-1800	28 TEEN SURVIVOR	29 TEEN/YOUTH THE MEUSE	30 TEEN/YOUTH PROUTY'S LANDING	31 YOUTH FALL FESTIVAL CARNIVAL AND HAUNTING		



MYSTERIOUS WORLD CAMP FALL 2002. October 7 starts the exploration into the mysteries of the world. Come and Join us as we blast off for two weeks of field trips, science experiments, arts and crafts, and building projects. Camp starts daily at 0900 with a new mystery or challenge and ends each day at 1700 with a new knowledge and ability. We will have wrap around care from 0730-0900 and 1700-1800 daily.

Sign up now! Weekly reservations are available at 656-2127. There is a \$5.00 non-refundable deposit for each child per week. Day camp is open to children; kindergarten - fifth grade. Come and explore!



MWR Bluewater Cove Marina is OPEN!!!!

- Located at the Coast Guard Pier in Historic Downtown Monterey.
- Our services are available for all active duty, retired military, family members and DOD civilians.
- Open everyday.
- Rentals are now from the Monterey Bay Athletic Club.
- First come - first served.
- Nine boats are available to rent.

- The minimum age to qualify for sailboat rentals is 18.
- Check sails are required for boat safety training and to familiarize all patrons with sailing areas and off limit locations prior to initial sailboat rental. Reservations for "check sails" are required - contact NPSSA.
- For Marina information, check sails, and boat reservations contact NPSSA or Monterey Bay Athletic Club at 656-3118.
- Powerboat rentals are available at Outdoor Recreation (located at DLI). Call 242-5506 for more information.

MONTEREY BAY "HANALEI" CRUISE

Wednesdays 1730~1930 & Saturdays 1300~1500

Reserve your seat for a 2 hour tour on the 30' "Hanalei" cruising sail-boat on the Monterey Bay for any Saturday afternoon or Wednesday evenings...NOW!

No sailing experience necessary! Open to all military, reserve, DOD civilian and family members. Reservations required.

- *special tour packages available to small groups
- *cruises monthly to Moss Landing/SC Harbor
- *wine and cheese "Sunset Cruises" on select Wednesday evenings.

Hanalei Limit 14 passengers each date. Reservations are required and can be obtained by contacting Jim Laughlin at 242-5747 or email: sailing@monterey.army.mil.

-NPSSA-

NPSSA, the Naval Postgraduate School Sailing Association, is dedicated to practicing and promoting the art of sailing as well as furthering Navy sailing in the Monterey area. NPSSA is comprised of students, faculty and staff from NPS and DLI, local active duty and retired personnel, and DOD civilians. Members take part in local racing events and NPSSA-sponsored cruising events. Additionally, NPSSA provides assistance to MWR with boat maintenance and sailing qualifications through volunteers. All MWR eligible personnel may join NPSSA. For more information or to volunteer contact NPSSA at npsa@nps.navy.mil.

SAILBOAT RENTAL RATE

Small Wonder	23 ft. Ranger	\$30/day
Serenade	22 ft. Santana	\$30/day
Antares	26 ft. Excalibur	\$30/day
Lorraine	22 ft. Capri	\$30/day
Barbara, Harriet	30 ft. Shields	\$30/day
Medora, Storm	30 ft. Shields	\$30/day
Hanalei II	30 ft. Buccaneer	\$40/day

SAILING LESSONS: *Sailing classes for Mate "A" and Skipper "B" qualifications are scheduled for Oct 5~6. Cost is \$85.00 Sign up at the Monterey Bay Athletic Club. Call 656-3118 for registration information.*



MWR TURKEY TROT 5K-RUN

Friday, November 22, 2002

3:00 p.m.

Fitness Center parking lot
Bldg. 208

FEE: \$12.00 Active duty/reservist
\$13.00 Retirees/family members
\$14.00 DOD Civilians
*Fee includes a commemorative tee shirt.

DIVISIONS:

Men's 17-29 Women's 17-29
Men's 30-39 Women's 30-39
Men's 40-49 Women's 40-49
Men's 50 & over Women's 50 & over

Awards will be given to the top 2 finishers in each division.
Register at the Fitness Center front desk
by 9 November 2002.

VOLUNTEERS NEEDED! CALL 656-3118.

HOLIDAY FITNESS CHALLENGE

8 WEEK FITNESS INCENTIVE PROGRAM

21 October ~ 15 December 2002
Monterey Bay Athletic Club

Cost: \$4.00 active duty reservist
\$5.00 DOD civilian

GROUP FITNESS CLASS SCHEDULE

HOURS	MON	TUES	WED	THURS	FRI	SAT
6:00 AM	PT READY	20/20/20	PT READY	20/20/20		
8:30 AM						STEP
8:45 AM					STEP	
9:30 AM						MUSCLE CONDNG
12:00 PM	YOGA	SPIN (CYCLING)	YOGA	SPIN (CYCLING)		
4:30 PM		PILATES				
5:00 PM	SIX PACK ATTACK		SIX PACK ATTACK			
5:30 PM	STEP	SPIN (CYCLING)	KICK BOX	SPIN (CYCLING)		
6:30 PM	KICKBOX	STEP	STEP	STEP		

FITNESS CLASS FEES

ELIGIBLE PATRONS	AEROBIC PILATES DAILY	CYCLING DAILY	COMBO 8-PUNCH CARD	YOGA MONTHLY	YOGA DAILY
ACT.DUTY/ RESERVIST	FREE	FREE	N/A	\$36.00	\$5.00
RETIREE/ FAMILY MEMBER	\$2.00	\$2.50	\$12.00	\$38.00	\$5.50
DOD CIVILIAN	\$3.00	\$3.00	\$16.00	\$40.00	\$6.00

Combo Cards: Allows you to take pilates, aerobics or cycling classes.

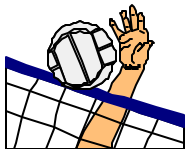
FALL BASKETBALL



Games played Monday & Wednesday
1800~2000

Season begins 9 October 2002

FALL VOLLEYBALL



Games played Tuesday & Thursday
1800~2000

Season begins 8 October 2002

THERAPEUTIC MASSAGE

(now available)

Fees:

\$50.00 for a one-hour massage session.
\$75.00 for a one and one-half hour
massage session.

For appointments, please call 656-3118.



PERSONAL TRAINING



We offer personal training that includes
consultation, fitness/exercise program
design and one-on-one training.

LOCKER RENTAL FEES

Active Duty:

6 months ~ \$30.00

Annual ~ \$60.00

Civilian:

6 months ~ \$36.00

Annual ~ \$72.00

Locker payments must be paid in full on first day of rental.

BICYCLE RENTALS

The Monterey Bay Athletic Club has adult sized bicycles
available for rental by fitness center eligible patrons to meet
their transportation needs or for recreational riding.



Two kinds of bikes are available for rental-street bikes and six speed bikes.
Rentals are conducted on a daily, weekend, weekly or monthly basis. All rent-
als include the use of a bicycle safety helmet, lock and chain. Bicycle rental
prices are listed below:

BICYCLE TYPE	DAILY	WEEKEND	WEEKLY	MONTHLY	Individuals wishing to rent a bicycle need to fill out a rental agreement and pay in advance for their rental at the Fitness Center, Bldg. 208.
STREET BIKE	\$8.00	\$12.00	\$34.00	\$96.00	
6-SPEED	\$10.00	\$15.00	\$42.00	\$120.00	

*The Fitness Center will be open on Monday,
14 October Columbus Day from 1000 a.m. ~ 5:00 p.m.*

No aerobic classes on this day.

For information, call 656-3118.



www.navyflyingclubs.com/

The Monterey Navy Flying Club offers excellent opportunities for aircraft rentals, recreational flying and professional flight training to Active Duty, National Guard, Reserve members and their families; Retirees and their families; Civil Air Patrol members; and federal government employees. The club's airplane rental and instruction rates are the lowest in California. Learn how to fly, meet new friends and discover the beauty of the Monterey Peninsula! Give us a call and visit our website.



MEMBERSHIP FEES

Monthly dues: \$23.00
Initiation fee: \$30.00

Want to earn your pilot's certificate?

You have often thought about becoming a pilot. Our staff of professional flight instructors is ready to help you achieve your goal - for a much lower cost than you will find anywhere else. Ground school, the first step in learning the basics of flight, is offered in cooperation with Monterey Peninsula College or through self-study courses available through the Club.

Ground and Flight instruction:
\$20.00/hour.



**Aerial view of the
Light House in Point Sur
taken on one of the flights.**

COST SHARING: Our licensed pilots at the Monterey Navy Flying Club frequently fly by themselves, and through "cost sharing" of the fees for the flight, you and up to two other MWR eligible patrons can fly along. Fly over the California Coast or down it's beautiful valleys. Call the Monterey Navy Flying Club at (831) 372-7033 for more information.

AIRCRAFT RENTAL RATES

Cessna 152 (IFR) \$50.00
Cessna 172 (IFR) \$66.00

All rates are on hourly basis including fuel.

The Fleet & Family Support Center



The
Fleet & Family Support
Center

JOIN THE FIGHT AGAINST DOMESTIC VIOLENCE

Domestic Violence affects us all. It affects Unit Readiness, Safety, Personal Performance and ultimately Retention. It also affects us in our personal lives whether we are victims, abusers, children witnessing partner abuse, or neighbors.

October is National Domestic Violence Awareness Month and the Fleet and Family Support Center (FFSC) Monterey, is committed to providing various levels of support to families who have already experienced partner violence or who may be at risk for domestic violence incidents in the future. We ask that you be committed as well. Support your shipmates and neighbors by using the following 10 tips for helping someone you know who is being abused:



1. Know what resources are available in our local community.
2. Listen to what they have to say - be a good listener.
3. Be empathetic - try and understand their situation.
4. Be supportive in ways you can and offer realistic assistance.
5. Don't be judgmental, because when you are, they will sense how you really feel and they may back away from your help.
6. Encourage them to develop a safety plan.
7. Be patient because it's often hard to ask for help.
8. Encourage them to seek professional assistance.
9. Keep communications open so they can ask you for help again.
10. While offering support, don't jeopardize you or your family's safety.



GOLF INSTRUCTION

from your
Certified Golf Instructors

CLAY MURRAY ~ Head Professional



	CIVILIAN	MILITARY	JUNIOR
HALF-HOUR	\$40.00	\$35.00	\$30.00
ONE HOUR	\$60.00	\$55.00	\$50.00
VIDEO HOUR	\$75.00	\$70.00	\$65.00
PLAYING LESSON	\$90.00	\$85.00	\$80.00

ERIC THOMPSON ~ Assistant Professional



	CIVILIAN	MILITARY	JUNIOR
HALF-HOUR	\$35.00	\$30.00	\$25.00
ONE HOUR	\$55.00	\$50.00	\$45.00
VIDEO HOUR	\$70.00	\$65.00	\$60.00
PLAYING LESSON	\$85.00	\$80.00	\$75.00

DAVID HARBER ~ Assistant Professional



	CIVILIAN	MILITARY	JUNIOR
HALF-HOUR	\$35.00	\$30.00	\$25.00
ONE HOUR	\$55.00	\$50.00	\$45.00
VIDEO HOUR	\$70.00	\$65.00	\$60.00
PLAYING LESSON	\$85.00	\$80.00	\$75.00



MONTEREY PINES RV CAMPGROUND

Monterey Pines RV Campground is **OPEN YEAR ROUND** and is available to all active duty, reservists, retirees, family members and DOD civilians.

About Our Park

Located deep within the serene Monterey Pines Recreation Complex (Fairgrounds Road at Garden Road in Monterey), our park offers 30 full hook-ups, 8 partial hook-ups, a bathhouse and coin-op laundry facilities. Site 14 offers access for the physically challenged. Visa and Mastercard are accepted.

DAILY RENTAL FEES

ELIGIBLE PATRON	Full Hook-Up	Partial Hook-Up
Military	\$18/Day	\$15/Day
DOD	\$20/Day	\$18/Day
Civilian	\$25/Day	\$20/Day

TO OUR VALUED PATRONS

Effective 1 October 2002, our price structure will be updated to allow Monterey Pines Golf Course provide a quality golfing experience to the military and community at large. We were directed by Navy Golf Management to eliminate all annual and monthly passes and utilize Punch Card system. 20 play punch card will start with a 25% discount. For a limited period of (6 months) annual passes will be sold to all active military, retired military, and DOD civilians. No more annual passes will be sold, only renewed. Patrons who currently have annual passes will be able to renew when passes expires. With our new master plan, Monterey Pines will continue to improve over the next 5 years.

CLAY MURRAY
General Manager/PGA

MONTEREY PINES GREENS FEES

PRIME	DAILY
Military	\$12.00
DOD	\$18.00
Civilian	\$24.00
Junior	\$10.00
TWILIGHT	2:00 P.M.
Military	\$10.00
DOD	\$13.00
Civilian	\$16.00
Junior	\$8.00
SUPER TWILIGHT	5:00 P.M.
Military	\$8.00
DOD	\$9.00
Civilian	\$10.00
Junior	\$7.00

ANNUAL FEES		PUNCH CARD 20 PLAY	25% DISCOUNT
Enlisted	\$540.00	Military	\$180.00
Officer	\$660.00	DOD	\$270.00
DOD	\$720.00		

RV VEHICLE STORAGE RATE			RENTALS	
	0 TO 20 FT	OVER 20 FT		
Military	\$15.00	\$20.00	Cart Rate	\$20.00
DOD Civilian	\$20.00	\$25.00	Single Cart	\$12.00
			Rental Clubs	\$10.00
			Pull Carts	\$5.00

NAVAL POSTGRADUATE SCHOOL (Area Code 831)

MWR (NPS) Intranet Events Calendar ~ <http://onboard.nps.navy.mil/intra/>

MWR ADMINISTRATIVE OFFICES ~ Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open weekdays, 8 a.m. to 4:30 p.m. Closed weekends and federal holidays. Phone: 656-2170 or 656-2432.

EL PRADO DINING ROOM ~ Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and federal holidays. For questions, call: 656-2170.

Hours of Operation:

Ala Carte Breakfast: 6:45 ~ 10:45 a.m. Weekdays
Hot Breakfast: 6:45 ~ 9:00 a.m. Weekdays
Lunch: 10:45 a.m. ~ 2:00 p.m. Weekdays
Dinner: See El Prado Room listing below.

TRIDENT ROOM ~ Herrmann Hall ground floor (Bldg. 220). Open Monday through Saturday. Closed Sundays and most federal holidays. Phone: 656-2170 or 656-7508 (after regular business hours). Hours of Operation:

Beverage Service : 4:00 ~ 11:00 p.m. Monday ~ Wednesday
3:00 ~ 11:00 p.m. Thursday & Friday
4:00 ~ 11:00 p.m. Saturdays

Dinner Service : 4:00 ~ 9:00 p.m. Monday through Saturday

CLUB DEL MONTE/CATERING SALES OFFICE ~ Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open Monday through Friday, 8:00 a.m. ~ 4:30 p.m. Closed weekends and federal holidays. Phone: 656-1049.

INFORMATION TICKETS & TOURS ~ Herrmann Hall Quarterdeck (Bldg. 220). Open 9:30 a.m. ~ 4:30 p.m. Monday through Friday. Closed weekends and federal holidays. Closed for lunch 1:30~2:30 p.m. Phone: 656-3223.

CHILD DEVELOPMENT CENTER ~ La Mesa Village next to La Mesa Elementary School. Open 7:30 a.m. ~ 5:30 p.m., Monday through Friday. Closed on all federal holidays. Phone: 656-2734.

CHILD DEVELOPMENT HOMES ~ Available within La Mesa Village. Contact the Child Development Center for information. Phone: 656-2734.

ROMAN PLUNGE SWIMMING POOL ~ (Bldg. 210). Closed until further notice. Phone: 656-2275.

TECH CONNECTION ~ La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Open for School Age Care, Monday through Friday, 7:30 ~ 8:00 a.m. and 2:00 ~ 6 p.m. Special camps offered for school breaks (all seasons) & teacher in-service days. Youth & Teen Open Recreation, 2:30~ 6:00 p.m. Monday through Friday and 1:00~6:00 p.m. on Saturdays. Closed on all federal holidays. Phone: 656-2127.

MONTEREY BAY ATHLETIC CLUB ~ (Bldg. 208). Hours of Operation: Open Monday through Friday, 5:30 a.m. ~ 9:00 p.m.; Saturdays, 8:00 a.m. ~ 5:00 p.m.; Sundays 9:00 a.m. ~ 5 p.m. federal holidays, 10 a.m. ~ 5 p.m. Phone 656-3118.

MONTEREY PINES GOLF COURSE ~ Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily, 6:30 a.m. ~ 5 p.m., including most federal holidays. Hours vary seasonally. Phone: 656-2167.

MONTEREY PINES RV CAMPGROUND ~ Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily. Phone: 656-7563.

MONTEREY NAVY FLYING CLUB ~ At the Monterey Airport. Open Monday to Friday 9:00 a.m. ~ 5:00 p.m. Phone: 372-7033.

BLUEWATER COVE MARINA ~ On the Coast Guard Pier, downtown Monterey. Open daily. Phone: 242-5747/656-3118.

MWR BUSINESS OFFICE ~ Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. ~ 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-7954.

MWR MARKETING OFFICE ~ Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. ~ 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-1170/7677.

THE FLEET & FAMILY SUPPORT CENTER ~ 1280 Leahy Road, Monterey, Ca 93940. Open Monday through Friday, 8:00 a.m. ~ 4:30 p.m. Tel: 656-3060.

CHECK OUT MWR'S WEBSITE!
www.mwr.nps.navy.mil



Peacock Press

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Naval Postgraduate School
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